

Tick Talk

Check your risk for Tick related illnesses



**Do you spend time in wooded or grassy areas?
You may be at risk for tick bites. Get the facts...**

What are Ticks?

- Ticks are small six legged parasitic insects that feed on the blood of mammals.
- Ticks are most often found in shady wooded areas, brush, tall grass, and weeds.
- There are several species of ticks that carry diseases. Only some are found in our area.
- If you are bitten ***don't panic***. It is very important to remove the tick as soon as you can using pointed tweezers. See a medical provider if you have any further symptoms.

How to Protect Yourself:

- Wear light colored long sleeve shirts and pants. Tuck pants into socks so ticks can't crawl up your legs. Wear socks with shoes.
- Avoid woods, tall grass, and brush when possible. Pitch tents away from these areas.
- Use insect repellent on yourself and flea/tick repellent on your dogs and cats.
- Inspect yourself (body, clothes, hair) and your pets for ticks after being in the brush.

